



News Release

For Immediate Release

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Pool Rule Changes Intended to Prevent a 2008 Crypto Outbreak

(Salt Lake City, UT) – Public health officials in Utah hope changes in the state pool rule will help prevent a cryptosporidiosis outbreak in 2008. Proposed changes to the rule include: instructions that swimmers not swim if they have diarrhea or have had diarrhea in the last two weeks; methods for pool operators to properly respond to fecal accidents in the swimming pools; and a requirement that children under three years of age or individuals without bowel control wear a swim diaper as well as a waterproof swim pant.

The proposed rule establishes Cryptosporidium Watch and Warning notices and tools that can help officials control an outbreak should one occur. Officials also emphasize that people who use pools have a responsibility to help prevent a crypto outbreak by following the guidelines below – most importantly, by not swimming when they have diarrhea and not letting their children swim with diarrhea.

- Do not swim if you have diarrhea.
- Wait two weeks after diarrhea has stopped before swimming.
- Take a shower with soap and water before swimming (referred to as a “cleansing shower”).
- Do not swallow pool water or get pool water into your mouth.
- Wash your hands with soap and water after using the bathroom or changing a diaper.
- Take regular bathroom breaks while swimming.
- Change diapers often. Change diapers in the bathroom, not at the poolside
- Wash your child’s bottom with soap and water after changing a diaper and then wash your hands with soap and water.

Page 2 of 2: Pool Rule Changes Intended to Prevent a 2008 Crypto Outbreak

In the summer and fall of 2007, Utah experienced the largest reported recreational water associated outbreak of cryptosporidiosis in the United States. Between June and December, public health officials confirmed more than 1,900 cases of crypto throughout the state. Most of the victims reported swimming at a recreational water facility prior to getting sick. Infection with cryptosporidiosis causes watery diarrhea, stomach cramps/pain, nausea, vomiting, fever, and as a result of the diarrhea, dehydration and weight loss. Symptoms usually last about one to two weeks, and may go in cycles in which a person may feel better for a few days, and then feels worse again.

Anyone can get or spread cryptosporidiosis. In order for the new pool rule to have an impact, it is important for all swimmers to take healthy swimming behaviors seriously.

The proposed rule changes are now posted on the Utah Administrative Rules Online website: http://www.rules.utah.gov/publicat/bull_pdf/2008/b20080415.pdf (see page 6 for Design, Construction and Operation of Public Pools) and public comment will be accepted for the next 30 days.

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